

# CAN I HAVE 5 MINUTES OF YOUR TIME?

**That is all it takes to do your Health  
Assessment or Health Check.**

**Just a few easy steps and you will complete your Health  
Assessment /Health Check:**

- 1. Log into your Virgin Pulse Account**
- 2. Go to Programs**
- 3. Click on "Start the Survey"**
- 4. Answer questions concerning your health**
- 5. You will get a score once you have completed the survey**

## **All done!**

**If you have any questions, please contact your Wellness  
Manager or Cat Miner at the District Office**

